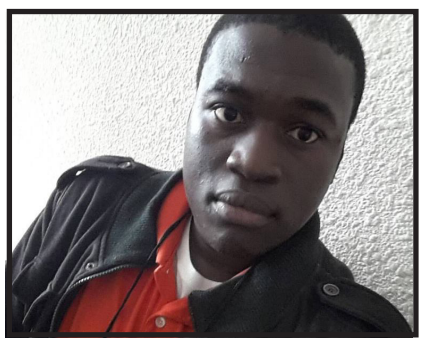
The Lions' Pride

THE LIONS' PRIDE MEDIA GROUP

SAINT LEO UNIVERSITY • FRESHMEN ISSUE 2018 • SINCE 1965

Welcome Class of 2022 Your Future Awaits!



John F. Hall Jr.
Print Editor-in-Chief

Welcome newest Lions. Today initiates the first day of a four-year-long journey. At the end of the journey, you will receive a document that shows your proficiency in a craft of your choosing, but most of all, your dedication to your future. Some days will be hard, most days you will encounter new experiences but every day you will have a support system on campus that will help you with any and everything that you need. The Saint Leo family is one of the most diverse that you will ever find in the country, student, faculty, and staff hail from different countries and backgrounds and create the melting pot that you will come to call home. There is no one message for every student as you are as unique as we are and so to welcome you I will split my messages into different groups.

Florida Residents

This may be one of the first times in your lives that you are away from your parents, who may not be around to wake you up in the morning or make breakfast as you crawl into the shower on a Monday morning (I know I've been there). If you're from Miami, Tallahassee or right here in Tampa you will find yourself away from the watchful and sometimes overprotective eyes of your parents, which seems like a good thing until you realize you have to manage your own finances and mitigate conflicts on your own. The most comforting aspect is your family, who are closer than others.

Out-of-State Students

Homesickness is real! Your parents, friends and even pets will all seem to mean so much to you as the weeks pass on. The stress of a new environment and being away from all that is familiar will weigh on you greatly between the time your family leaves and the first month of classes. Put up a lot of pictures, call/text them whenever you can but most of all make new friends. You will be surprised to learn how many of the students in Saint Leo will be from your state or even city. Through the journey of meeting new persons, you will learn how they cope with being away from everything they have grown up amongst. You will grow as you become exposed to persons from similar but also different backgrounds and learn even more about yourself than you had ever thought.

International Students

Much like the out-of-state students, you will be far away from the watchful eyes and protective arms of your family members. While that seems like it's the best idea ever, you must be careful to make every decision as if you're an adult. Yes, adulting starts now! Like every other student, you will be tasked with making daily decisions that will affect your school career and financial life but with even harder consequences. Find persons who are a part of your country's diaspora in the school but also take the time to connect with students from everywhere represented on campus; you will find that our collective stories are what will make us stronger. There are multiple groups that are on campus that will give you support as you transition such as ISA (International Students Association) and CSA (The Caribbean Students Association).

As everyone transitions into college life, rest assured that your experience at Saint Leo will not be overwhelming for various reasons. The class sizes are smaller than other universities which allow you to know your classmates but also your professor on a deeper level. Learning occurs within and outside the confines of the classroom as your professor will always make themselves available and there are multiple resources available to you like the C.A.V.E (Center for Academic Vision and Excellence) where you can receive tutoring, as well as key study tips from classmates for specific classes.

There will be multiple opportunities under the guidance of the University for you to break free from the school environment and see baseball, basketball,

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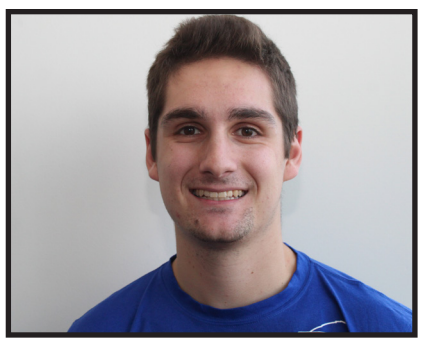
Things I Wish I Knew When I Was a Freshman



Collin Moran
Digital Content Editor-in-Chief

Getting into college is a struggle on its own, but there is so much more that I wish I knew when I first started at Saint Leo University. Going into my senior year here on University Campus there are a lot of things that I have done well, and there is also a lot that I wish I had done differently. The time you spend here at Saint Leo can either be the best four years of your life or some of the hardest, but it all comes down to what you make of it. Not that I'm an expert on this whole college thing, but there is a lot I can say as I enter my last year. Here are some things that I wish I knew when I was a freshman.

Getting Involved Makes the College Experience Much Better

I'm sure you've heard it from everyone, especially your parents, but it is true, getting involved is one of the most important things to do to have a great time while you're in college. Speaking from personal experience, not getting involved can make it much harder to find friends and makes the time you spend at school a lot more boring. By joining clubs, greek life or getting a job on campus, you'll be much busier and in turn, become much more productive and happier. I practically wasted my first two years here at Saint Leo by not doing anything, but now that I am involved it has made my whole experience great. Being busy and having responsibilities helps fill up my free time from class and helps me meet new people all the time. It is fun to be a part of something, and there are many ways to do that. I decided to get involved with the Lions' Pride Newspaper because writing is something that I love to do. Not everyone loves to write in their free time, but luckily there are so many other things you can do around campus. Greek life is a great way to meet new people and be a part of something here on campus. All together Saint Leo offers over 70 different clubs and organizations, so it shouldn't be too hard to find something that interests you.

Moving Away from Home is Not Always Easy

Even though it is a small campus of around 2,000 students, the population is made up of people from all over the world. You'll meet people from all 50 states, and the Saint Leo website says that there are students from 60 different countries around the world. So for much of the population on campus, the greater Tampa area might be far away from home. Speaking as one of those people I can say that it isn't always easy going to school so far from your family and friends back home. Speaking as one of those people I can say that it isn't always easy going to school so far from your family and friends back home. It is a learning curve being off on your own, but after some time it becomes second nature. The first semester of freshman year can be tough because you'll have to meet all new people and try out college life for the first time, but by the spring, Saint Leo will feel like a second home.

Changing Majors is Completely Normal

When you first go to college, it may seem like you are stuck with the major you choose no matter if you end up liking it or not, but in reality, there are a ton of students who end up switching their field of study during their time at Saint Leo. During my first three years at school I have changed my major four times, and no that is not a joke. Initially, I thought I wanted to be a business major, but after trying out both Sports Business and International Tourism and Hospitality, I knew it wasn't for me, so I became a Criminal Justice student, before finally realizingwanted to study English. I had so much indecision during my first three years here, but I'm happy that I was able to try out a few different things

Continued on Page 2

Welcome Continued from Page 1.

soccer games and a myriad of other events in and around the Florida state. Take in as many opportunities as you can as it all will lend credence to your overall freshman experience.

Remember to always exercise sound judgment when it comes to making decisions regarding studies and your downtime. Many students neglect to make the right decisions at the beginning of a semester regarding study times, creating proper schedules for classes, deciding to attend parties and other social events which sometimes create difficult pathways for them throughout their college careers.

Class of 2022, get ready to learn not just about Sciences, Humanities and Arts, but learn about yourself. You will certainly love the person you become here.

Things Continued from Page 1.

before finding what I enjoy, and the best part is I am still on track to graduate in just four years total. The time to switch majors is when you're an underclassman so that you have plenty of time to take all of your required classes and you don't have to take extra time to earn your degree. Your academic advisor will be able to put you on the right path even if you want to explore different areas of study.

Try Your Best Not to Procrastinate

Being able to sit down at my desk, focus and do my work is one of the hardest parts of my day. Since I end up having so much free time outside of the classroom, I can get pretty lazy, and it becomes a real struggle when it comes to getting homework done. Even though most college students probably have an issue with this, it is so important not to leave everything until the end. I've come to learn that in college, most classes leave major papers and projects until the end of the semester, and yet I still end up cramming everything in during the final two weeks of the course. I tell myself every year to get ahead on what I have to do for classes, but I'm never able to listen to myself. A lot of the work in college courses can be difficult and very time consuming, so don't let yourself fall behind or else the end of the semester won't end up being so great. Final exams are extremely important to your overall grades, so it is more important to be studying for those instead of writing a paper you have had months to complete. Procrastination probably hit me the worst during my fall semester of freshman year, and while I still fall victim to it sometimes, I have learned to get started on things much earlier. A good trick to complete assignments that are not due for a long time is just to complete them incrementally; work on a section every week until it gets completed so that it doesn't seem as big of a deal.

Oh, the Places You Will Go

Emily Kochanski
Former Campus News Editor

Photo from Wikimedia Commons

There are plenty of places to explore in Pasco County, and all within a relatively close range to the Saint Leo campus.

At first glance, the tiny town of Saint Leo and the surrounding area may not appear to have much to offer in the area of entertainment for incoming university students, but don't let its size fool you! Pasco County, especially San Antonio, Dade City and Zephyrhills, have plenty of interesting places to visit and fun things to do.

Just a short walk from the Saint Leo campus lies the historic town of San Antonio. Here, students can find a couple of barber shops when they are in need of a trim, a quaint park that has setups for a game of basketball, baseball, and soccer and a couple of tasty restaurants, including the popular Mexican gem Pancho's Villa. Prior to entering San Ann, students will also pass a drive-up coffee shop called A Cup of Organic and a tasty BBQ restaurant by the name of On Q. Continuing on SR 52, students will also come across a bicycle shop, campus swag store called Campus Gear and Al's Pizza Shop. Campus Gear not only features a plentiful assortment of Saint Leo memorabilia, but also offers a discount on items to University students.

Heading in the opposite direction on 52, after passing Pasco High School and taking a right onto Meridian Avenue, students will find themselves in the heart of Dade City. Taking a left on 301 leads to popular eateries Del Carmen, Mallie Kyla's Café (which also doubles as American Eagle Antique Mall) and Francesco's New York Style Pizzeria. If one is looking for a little entertainment to accompany their meal, then travel a short way down 301, away from Dade City, and there sits the nostalgia-inducing Joy-Lan Drive-In Theater.

Downtown Dade City is mostly for sightseeing and dining; the historic courthouse, the jewel of the city, is a major tourist attraction, along with multiple antique shops. Patrons can visit several quaint little shops, such as Lori Ann's, Annetta's Antique's and Another Man's Treasure to name a few, and find various collectibles, curios and oddities. Also of note is a handy little shop called the Book Shack, a cheaper alternative to Barnes and Noble. The avid reader can find and purchase novels, some textbooks and other forms of literature in varying categories and genres or exchange their own books for store credit. When hunger strikes, there is also a diverse selection of eateries to choose from. Some restaurants include TJ's Deli and Ice Cream, Café Kokopelli, Lunch on Limoges, a Matter of Taste, Beef 'O' Brady's, Truly Mediterranean Grill and Orleans City Market, which serves authentic Cajun cuisine. After lunch, patrons can grab dessert at Olga's Bakery or enjoy a cup of joe at Perk's Café.

Continuing on 301 away from downtown leads to more familiar locations. The city is home to a couple of sit down restaurants, such as IHOP, Bubba Q's and ABC Pizza, as well as several fast food stops like Wendy's, Dunkin' Donuts, McDonald's, KFC, Taco Bell, Subway, Checkers and Burger King. Students can stock their dorms with food and supplies from Publix, Winn Dixie or Walmart, as well as other smaller recognizable chain stores.

Just up 301 sits the town of Zephyrhills, popular for its plentiful restaurants, shops and entertainment. Zephyrhills has all of the same grocery stores, drug stores and fast food restaurants that can be found in Dade City, but with a few new interesting stops thrown in. Chili's, Ruby Tuesday's, Panera Bread, Sonny's BBQ, Pizza Hut and Happy Cow Frozen Yogurt are only a few of the popular chain restaurants that dominate the small town. However, Zephyrhills also has a number of privately owned eating establishments, including Terra, a gluten-free option, Dimaggio's That's Amore, Sunrise Eatery and Coney Island, a small restaurant famous for their foot-long hotdogs. Zephyrhills and Dade City alike are also home to several Chinese, Mexican and Pizza restaurants.

Zephyrhills is also a popular place to shop 'til you drop. Shops include Walmart, GameStop, Bealls, Ross, T.J. Maxx, Hobby Lobby and, if your low on funds, several thrift shops and discount stores like Family Dollar, Dollar General, Dollar Tree and the highly unique and affordable Ollie's Bargain Outlet. If trying on clothes isn't enough fun, then students can catch a flick at the Zephyrhills Cinema 10, roll a few balls and topple some pins at Pin Chasers bowling alley, get a blast from the past with vintage games at Classic Contagious Games or, for the nature lovers, take a scenic walk or jog around Zephyrhills park.

Downtown Zephyrhills is rapidly becoming a hot spot for high school and college-age residents. New eateries, clubs and live music venues are being added frequently and offer a wide array of daily entertainment for people of all ages. If you are looking for some evening excitement, take a stroll down scenic fifth avenue and venture inside the Zephyrhills Brewing Company or the Creative Souls Cafè.

Students don't have to go all the way to Tampa to have a good time; between San Antonio, Dade City and Zephyrhills, there are a number of fun, local, hot spots to choose from to spend some free time without spending too much cash, and new fun features are being added all the time!

Surviving Your First Year: Budgeting 101

By Erin Gaylord
Former Online Editor

You are officially a college student. Moving out can be exciting, but taking on the responsibility can be daunting as well. Be sure to budget while you are in college to have some extra spending money, but also be able to get everything you need. If you spend all of your money on going out and having fun with friends, you may not be able to afford your necessities such as textbooks and supplies for class.

First, decide if you are going to get a job on campus or off campus, or if you want to work over the summer and save up that money for the school year. If you decide to get a job while you are taking college courses, make sure the job you choose will not be too stressful while you are taking classes. Getting a job on campus is a good option if you are a first-time college student and do not know what to expect. These jobs do not take up too much time, but they are enough to give you some extra spending money.

If you decide to get a job off campus, make sure your employer understands how often you will be in class, and when you will be able to work outside of class. Off-campus jobs could pay more, but you will have to pay more for gas to get back and forth to work as well.

Another option is to work over the summer and save money from that job to have extra spending money for the school year so you can focus more on school. Having a summer job is a good option as long as there is a good budget set for that time and you follow the budget closely so there will be an adequate amount of money left over for the school year.

Once you find out where your money is coming from, you can lay out your budget. The most efficient way to budget is to write it out, whether that be on a piece of paper or an Excel spreadsheet. This way you can see the budget, and it may be easier to follow and be strict with yourself rather than just telling yourself what you should and should not buy. Also with writing it out, you will be able to set up exactly how much you need for each thing, food, clothes, supplies, etc., and know exactly how much you can afford to spend.

Get a job on campus to help with the expenses. Having a job on campus is ideal for students who would like to have a job, but do not want to travel off campus for work or stress about work and school. School jobs do not require as many hours of work as other positions off campus may. Also, there are many different types of jobs on campus; you could even pick a position that coincides with your major in some way.

Having a job on campus will help with a little extra spending money to enjoy more time off campus or save up for the future.

Always try to save some money even if it is not a lot. Twenty dollars a paycheck is better than nothing, and soon, that little bit of money each month will add up to a decent amount of savings.

"If your car breaks down or you have an unexpected medical expense, you'll be way ahead of the game if you have money saved in an emergency fund," according to College in Colorado.

If you have money in a savings account, you have some fallback money in case of an emergency, this way, you will not have to borrow money, use a credit card or go without a car or food.

If there is not an emergency where you have to spend part or all of your savings, it can be saved for a place after graduation, a new car or anything else that you will want or need.

Another way to save money and help your friends out as well, is carpooling. If you have a group of friends and several of you have cars, trade off on who drives each time you go out. Dedicate each week in a month to a different person, or keep a list written down of who drove last and keep rotating drivers. By doing this, each person will be saving gas and it will be fairer rather than one person driving most of the time or taking separate vehicles and everyone wasting gas.

By not buying everything you think you need and only getting the bare minimum to start off with, you will avoid wasting your money. If you only buy what you know you will need for class or your dorm room you could save money for other things. If you end up needing something later, buy it then, but do not buy everything to start off with as you may not even use it.

If you have the unlimited meal plan, do not bother buying a lot of food for your dorm room, you could save that money for something else. Take advantage of your meal plan and do not eat out very often. Allow yourself one meal off campus a month or do not eat out at all, if possible. This way you will not throw away spending money when you have already paid for a meal plan on campus.

Also, selling your textbooks when you are done with them could give you some money back. There are several options for selling your books. You could sell them back to the bookstore, sell them online or sell them to someone you know will take that class. By selling your textbooks, you could use that money to buy books for the next semester or year and not have to worry about spending a whole lot on textbooks for the upcoming semester.

Before selling your textbooks, look up how much the used book in the condition that it is in costs online, take a little bit off of the price from that and sell it. By doing this you know you are getting the right amount for your book, and you are not losing money.

Another way to price your books can be to write down how much you spent on them when you bought them. Then take some off of that for any wear and tear or if you bought it new.

Keep your budget up to date when you buy things, and at the end of the year look at the amount of money you spent. See what was necessary and what was not. Looking at the numbers will give you a good idea of how well you are budgeting, and you can plan better for the next year.

Picture from @Flickr

If saving money in a savings account is too tempting to spend, try using a jar or other container to put saved money in.

University Technology Services (UTS)

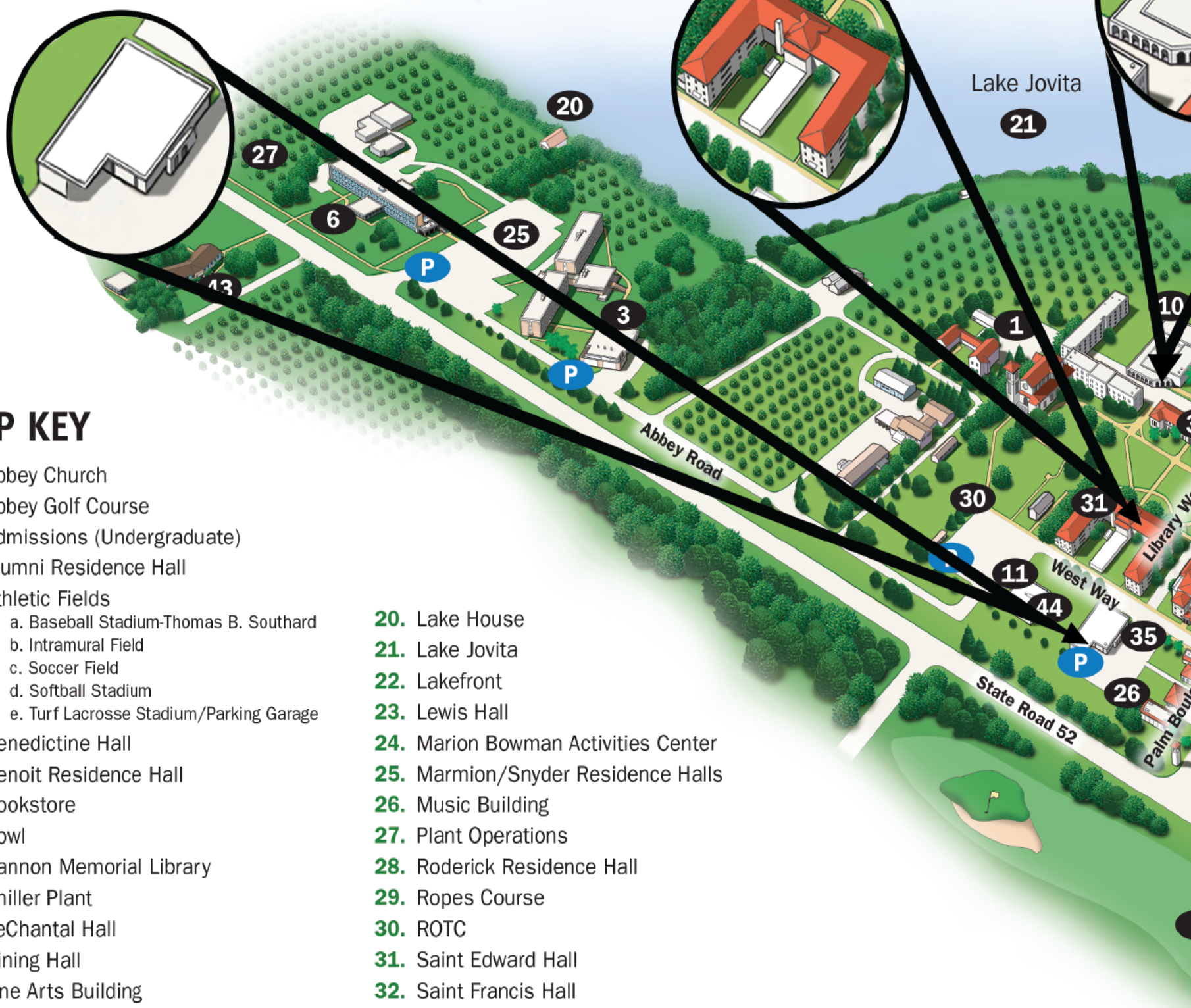
- Basic tech support for laptops

Trane Stop

- Financial Aid
- Student I.D, Parking Decal, Cash Checks

Daniel A

- Compute
- Inter-libra
- Database journal ar



MAP KEY

1. Abbey Church
2. Abbey Golf Course
3. Admissions (Undergraduate)
4. Alumni Residence Hall
5. Athletic Fields
   a. Baseball Stadium-Thomas B. Southard
   b. Intramural Field
   c. Soccer Field
   d. Softball Stadium
   e. Turf Lacrosse Stadium/Parking Garage
6. Benedictine Hall
7. Benoit Residence Hall
8. Bookstore
9. Bowl
10. Cannon Memorial Library
11. Chiller Plant
12. deChantal Hall
13. Dining Hall
14. Fine Arts Building
15. Fitness Center
16. Greenfelder-Denlinger Boardrooms
17. Henderson Residence Hall
18. Herrmann Mail Center
19. Kirk Hall
20. Lake House
21. Lake Jovita
22. Lakefront
23. Lewis Hall
24. Marion Bowman Activities Center
25. Marmion/Snyder Residence Halls
26. Music Building
27. Plant Operations
28. Roderick Residence Hall
29. Ropes Course
30. ROTC
31. Saint Edward Hall
32. Saint Francis Hall
33. Saint Jude Chapel
34. School of Business Building
35. Security
36. Selby Auditorium
37. Student Apartments 1-4
38. Student Apartments 5-6
39. Student Activities Building
40. Student Community Center
41. Swimming Pool
42. Tennis Courts
43. The Villa
44. University Technology Services

P Parking

Health and

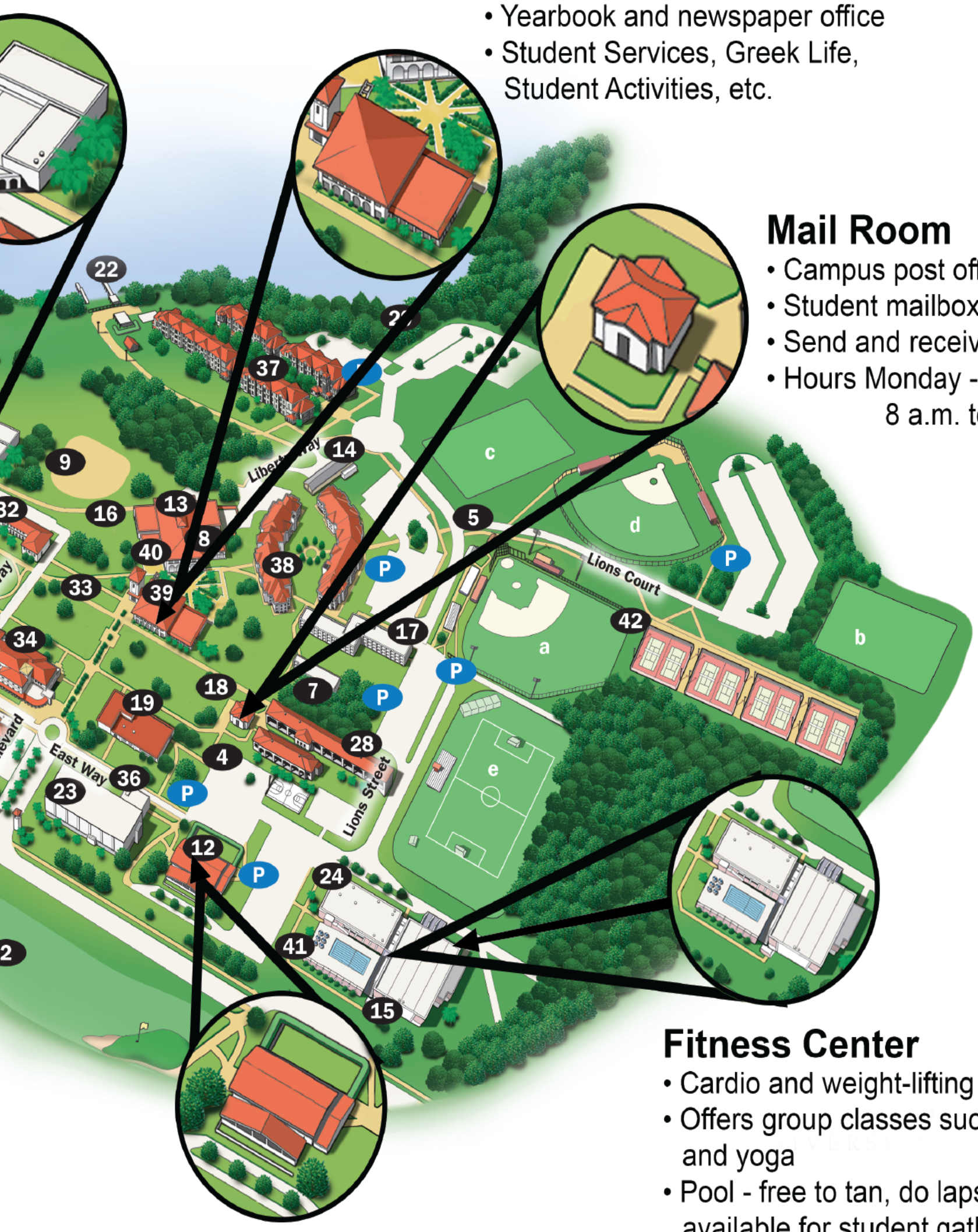
- Treats minor
as well as flu a
- Doctor on ca
- Clinic open M

A. Cannon Memorial Library

r lab with full internet access
ary loans
es - full text online as well as
rticles and e=books

Student Activities Building (SAB)

- Learning Resource Center (LRC) - Tutors, printers
- Yearbook and newspaper office
- Student Services, Greek Life, Student Activities, etc.



Mail Room

- Campus post office
- Student mailboxes
- Send and receive packages
- Hours Monday - Friday
  8 a.m. to 5 p.m.

Fitness Center

- Cardio and weight-lifting equipment
- Offers group classes such as boxing and yoga
- Pool - free to tan, do laps and available for student gatherings

d Wellness Center (DeChantal Hall)

illnesses and injuries and offers first aid
nd allergy shots
mpus Monday - Friday 1 p.m. to 5 p.m.
Monday - Friday 8:30 a.m. to 5:30 p.m.

Map alteration made by Christian Silva.

The Deal with Student Discounts

By Wakens Leonard
Photography Editor

It's official, you're now a college student! As an incoming freshman, you have all of Saint Leo University to explore. But did you know that your student ID carries a lot more power than you think? This is often referred to as the student discount, so be sure to take advantage of it and make good use of your money. The following is a list of locations near Saint Leo, as well as some online outlets, that offer student discounts and have been verified by The Lions' Pride Newspaper staff. Some of these companies offer student discounts on school supplies and textbooks so you don't break the bank before school even begins.

Picture by: Emily Kochanski

Al's lunch special gives you two slices of pizza and a fountain drink for just $5.

Online

Amazon Prime Student
With Amazon Prime's student discount, students get six months of Amazon Prime for free. Once the six months are up, students can choose to upgrade to Amazon Prime for 50 percent off of its regular price of $49 per year.

Apple
With Apple's "education pricing" program, students and teachers can enjoy a five percent discount on many Apple products, up to $200 off certain products, or even a free pair of Beats headphones with certain purchases.

Microsoft
Not an Apple fan? Many PC companies offer discounts as well. Microsoft offers discounts on their Surface Laptop, Surface Pro, and Microsoft Office 365 to those students with valid ID's.

Dell
"Dell University" is a section of the Dell corporation that specifies in selling technology at discounted rates for students. Lenovo offers a 10 percent discount to students sitewide.

Adobe
If any of your courses require the use of Adobe products, Adobe offers up to 60 percent off of their Creative Cloud.

Clothing

Banana Republic
This normally expensive clothing retailer offers a 15 percent discount to students.

Dockers
This casual clothing retailer gives students a 20 percent discount sitewide.

J.Crew
J.Crew offers a 15 percent discount on non-sale items, but in stores only.

Levis
This high quality jean company normally offers a 15 percent discount on their merchandise, but is currently offering a special promotion which ups the discount to 25 percent.

Campus Gear (Dade City)
Students with a valid ID will receive a 10 percent discount off of their entire purchase.

Tommy Hilfiger
Tommy Hilfiger offers a 15 percent student discount to students with a valid student ID.

Entertainment

Cobb Theaters
Cobb Theater tickets cost students about $9.50, but on Thursdays students can expect to only pay $7.50.

Cinemark
Cinemark charges students $8.75 vs. the regular $10.75 rate.

Spotify
Rather than paying the regular $10 a month, students' account prices are cut in half to an affordable $5 a month. Perfect for the avid music fan.

Transportation

Amtrak
With Amtrak, students with a valid ID can get 15 percent off of their

Picture by: Emily Kochanski

Burger King is one of the closest fast food places to campus, located on US-301 in front of the Publix.

The New York Times
With Fewer Immigrants, More Jobs? Not So, Economists Say
Evidence Contradicts Trump's Argument
John F. Kelly, the chief of staff, is in his first week on the job.

Picture by: Emily Kochanski

The New York Times **includes sections that cover everything from domestic and international politics and business to style and real estate.**

ticket when they book at least three days in advance. You may also bring two carry-on bags and two checked bags. The trains also provide electrical outlets and free Wi-Fi.

Greyhound
Greyhound gives students 10 percent off of their fare. Passengers are allowed one carry-on and one checked bag for free, with a $15 fee for each additional bag.

Penske
Although this company doesn't transport passengers, when it comes time to move in or out, Penske can be useful if you have tons of stuff. They give students 10 percent off on all truck or van rentals. You must to be 18 or older to rent a truck.

Insurance

Allstate
Allstate offers up to 20 percent off if you are a single, full-time student.

Geico
"B" average students can receive up to 15 percent off.

State Farm
Students can expect up to 25 percent off, so long as they're getting good grades.

Farmers
Students with a 3.0 GPA can receive up to 20 percent off.

Periodicals

The New York Times
If you are an avid news fan, the New York Times offers their digital subscription at a discounted rate for students. The first four weeks on a discounted subscription come free with a $1 rate afterwards.

The Wall Street Journal
The Wall Street Journal offers a 75 percent discount on their digital subscription.

Food

Al's Pizza Shop
Al's Famous Pizza is currently offering a promotion for two one-topping pizzas for just $12.

On Q Smokehouse Grill
On Wednesdays, On Q gives Saint Leo students 10 percent off of their meals.

Burger King & Subway
Burger King and Subway each offer a 10 percent discount at participating locations.

Keep in mind, this list barely even scratches the surface. Don't hesitate to ask other nearby locations if they offer any useful deals or discounts to hard-working college students.

Disclaimer
Please keep in mind that all of these discounts are subject to change or can possibly be discontinued by these companies.

Picture by: Emily Kochanski

The Cobb Theater nearest to campus is located in the Grove at Wesley Chapel plaza; perfect for a day or evening of shopping and a movie!

JOURNALISM...
the WRITE minor for you!

Close reading, thorough researching, critical thinking, and clear and effective writing are all essential skills needed for any career. The journalism minor will enhance and strengthen your current major by providing these essential skills.

For More Information Contact: valerie.kasper@saintleo.edu / St. Ed's 341

Journalism Minor (total credits = 18)

Complete the following required courses:
- ENG 205 Intro to Professional Writing
- ENG 227 Basic Journalistic Writing
- ENG 441 Advanced Journalism
- ENG 428 Internship OR ENG 318 Pre-internship

Choose two of the following courses:
- ENG 332 Creative Non-fiction
- ENG 450 Desktop Publishing and Design
- ENG 430 The Independent Writer
- COM 333 Web Design and Information Resources

JOIN THE PRIDE

THE LIONS' PRIDE
MEDIA GROUP

Do you like writing, editing, photography, layout & design, and/ or multimedia?

Gain practical experience that can be applied to any future profession you choose.

Teamwork
Communication Skills
Writing/Editing/Design/Multimedia Skills
Time Management Skills
Ability to Meet Deadlines
Ability to Work Independently

For more information, contact Mrs. Valerie Kasper (valerie.kasper@saintleo.edu) or to apply, go to https://saintleo.wd5.myworkdayjobs.com/en-US/SLU/job/University-Campus/XMLNAME-2018-Student-Worker---Lions-Pride_R0240-1